# WLHS - LOCAL WELLNESS POLICY

Wisconsin Lutheran High School (WLHS) is committed to the optimal development of every student. The school believes that for students to have the opportunity to achieve personal, academic, developmental, and social success, we need to create positive, safe, and health-promoting learning environments. This policy outlines WLHS's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity behaviors throughout the school day.

**School Meals:**

- WLHS is committed to serving healthy meals to children with fruits, vegetables, whole grains, and fat-free and low-fat milk; moderate sodium, low saturated fat, and zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meet the nutrition needs of school children within their calorie requirements.
- WLHS participates in USDA child nutrition programs, including the National School Lunch Program (NSLP) and the Severe Need School Breakfast (SBSEVERE). WLHS is committed to offering school meals through the NSLP and SBSEVERE programs.
- All school meals are accessible to all students. The District offers reimbursable school meals that meet USDA nutrition standards.
- Drinking water will be available to all students throughout the school day and throughout every school campus, including during mealtimes.
- All school nutrition program staff will meet hiring and annual continuing education requirements in the USDA professional standards.

**Other food available at school:**

- The foods and beverages sold outside of the school meal programs (i.e., "competitive" foods and beverages) will meet the USDA Smart Snacks in School nutrition standards, at a minimum.
- Only foods and beverages that meet or exceed the USDA Smart Snacks in Schools nutrition standards may be sold through fundraisers on the school campus during the school day, unless it's an approved exemption by the Schools' Principal.
- In addition, foods not sold at school but brought for a classroom party, or as a teacher reward, may not meet the USDA Smart Snacks in School nutrition standards.
- WLHS has created a Fundraiser Approval Tracking process for teachers and staff, to enable tracking of Fundraisers, to keep in compliance with the rules and regulations of Exempt School Fundraisers..

**Nutrition Promotion:**

- The District will promote consistent healthy food and beverage choices for all students throughout the school campus, as well as encourage participation in school meal programs.
- Any foods and beverages marketed or promoted to students on the school campus during the school day will meet or exceed the USDA Smart Snacks in School nutrition standards.
- Meal Component training will be provided to families during Parent Nights Open Houses prior to each new school year. Progress has been made in this area through in person (student) training, the distribution of training flyers, and verbally via telephone training with families with Meal component questions by Scott Raymond, School Nutrition Program Director, and the Food Service Management Company (through cafeteria signage).

**Nutrition Education:**

- The District aims to teach, model, encourage, and support healthy eating by students. Nutrition education is designed to provide students with the knowledge and skills necessary to promote and protect their health.
- Nutrition education is included in the Wisconsin Lutheran High School curriculum in a required Health and Wellness course. Topics include healthy decision making, nutrition, mental health, and preventing substance abuse. The course teaches students nutrition education utilizing evidence-based, up-to-date information, through MyFitnessPal.
- We have also added ProStart 1 and ProStart 2 to our FACE courses. This class blends classroom learning with mentored work experience in management and culinary skills needed for a career in the restaurant and foodservice industry.
    - Upon completing academic standards, a checklist of competencies, and working at least 400 hours in the industry, students are awarded the ProStart National Certificate of Achievement that signifies they are well qualified to enter the industry workforce.
    - This two consecutive year (four semesters) program provides the student with a curriculum that develops identified culinary techniques and management skills and applies them in real-life experiences. The 400 hours of industry-related work experience must take place outside of school hours and can be done in any food service or restaurant approved by the program coordinator.
    - Students not interested in the National Certificate of Achievement or technical college credit may take the courses without the hours of work experience. Students exercising this option can get one credit towards graduation for each year they meet course requirements.

**Physical Education and Activity:**

- The physical education curriculum will promote the benefits of a physically active lifestyle and will help students develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts.
- All students will be provided equal opportunity to participate in physical education classes. All high school students are required to take the equivalent of one academic year of Health Wellness/Physical Education.
- Wisconsin Lutheran High School has developed the following new physical education classes: strength training and advanced fitness (strength Training and Advanced Fitness would be an option for students that are physically fit, and interested in training their bodies specifically for muscle strength, flexibility,and the 6 components of skill related fitness (Agility, Coordination, Speed, Balance, Reaction Time, Power). In this course students will learn, demonstrate, and utilize the proper techniques of weight training, speed training, plyometrics, stretching, and other quickness/agility exercises. Strength Training is a rigorous course but is adaptable to the individual student's fitness level).
- Advanced fitness and team sports (Advanced Fitness and Team Sports is a PE class offered to Sophomore, Junior, and Seniors to complete their PE requirements for graduation. In this course, students will learn, discover, develop, and participate in areas of skill-related fitness including power, speed, agility, balance, coordination, and reaction time. Students will engage in a wide variety of team sports including football, wall ball, ultimate frisbee, lacrosse, futsal, basketball, and floor hockey. Advanced Fitness and Team Sports require strength training experience, a maintained level of fitness coming into the class, and the desire to work at a higher level of fitness skills and compete in team sports.).
- Individual fitness and lifetime activities (Individual Fitness and Lifetime Activities is a PE class offered to Sophomore, Junior, and Seniors to complete their PE requirements for graduation. In this course, students will learn, discover, develop, and participate in areas of health-related fitness including cardiovascular endurance, body composition, muscle endurance, and flexibility. Students will engage in a wide variety of lifetime activities including pickleball, badminton, volleyball, yard games, dance, and more. This course requires a desire to work on fitness that is adaptable to the individual student's fitness level).
- All physical education classes at WLHS are taught by licensed teachers who are certified or endorsed to teach physical education. Schools will offer students a variety of physical activity opportunities that are in addition to, and not as a substitute for, physical education.

**Other School Based Strategies for Wellness:**

- The District offers opportunities (intramurals and varsity sports) for students to participate in physical activity before and/or after the school day.
- Walking club and rock climbing club open to all students to join

- Families will be invited to participate in school-sponsored events.
- Jr. Viking Programs- Is sponsored by the school for youth 3rd grade- 8th grade from the community to participate in a variety of sports and activities throughout the school year.
- WLHS Viking Explorer Summer Camps- open to youth in the public to sign up and participate in several camps that include physical activity promoting health and wellness.
- When feasible, the District will offer annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school.

**Policy Monitoring/Implementation:**

- The District includes a district wellness committee to establish goals for and oversee school health and safety policies and programs, including development, implementation, and periodic review and update of wellness.
- The District will complete the Wisconsin Local Wellness Policy Triennial Assessment Report Card when required.
- The District will notify households of the availability of this report through the schools website. The wellness policy will be updated as needed at least every three years. For questions relating to the Wellness Policy or the School Nutrition Programs (SNP), contact the schools Nutrition Program Director.

**USDA Non-Discrimination statement:**

- In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.
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- To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by

calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. Mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2. Fax:
(833) 256-1665 or (202) 690-7442; or

3. Email: program.intake@usda.gov

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